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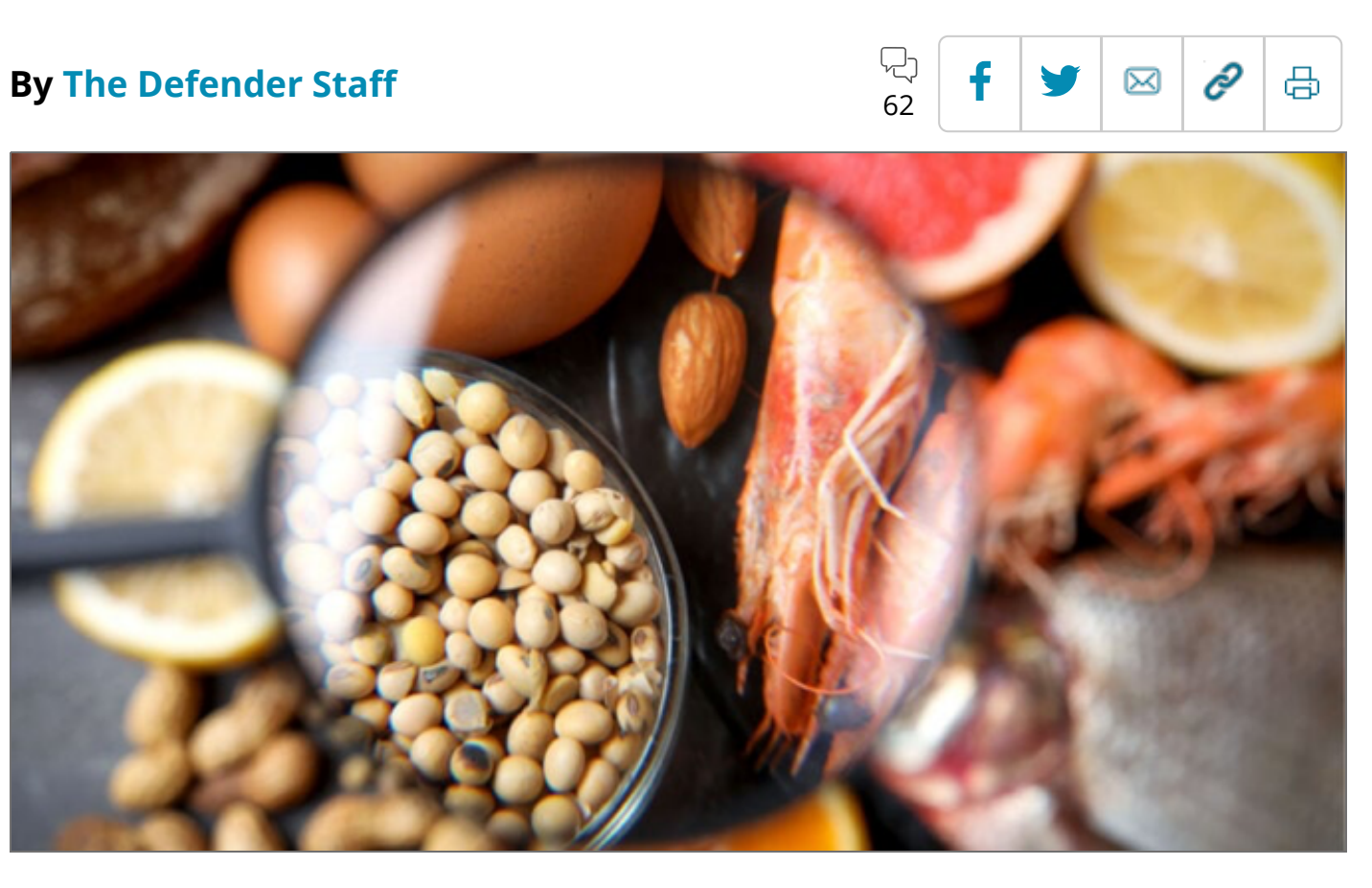
2 in 5 Kids Have Multiple Food Allergies — and It's Taking a Toll on Their Mental and Physical Health

Two in five U.S. children and nearly half of adults with a food allergy are allergic to multiple foods, according to new research which also found that as the number of food allergies a person has increases, so does the effect on their physical and psychological health.

By The Defender Staff

62



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Two in five U.S. children and nearly half of adults with a food allergy are allergic to multiple foods, according to research published last month in the Annals of Allergy, Asthma and Immunology.

The researchers, led by Northwestern University's Christopher Warren, Ph.D., also found that as the number of food allergies a person has increases, so does the effect on their physical and psychological health.

Warren told The Defender:

> "Findings of such high disease burden among children and adults living with many food allergies highlights an acute need for improved treatments and approaches to improve day-to-day food allergy management in this important subpopulation, including facilitating access to psychosocial support services — including support groups which can help improve quality of life."

Food allergies are part of a chronic and growing public health epidemic in the U.S., afflicting 32 million Americans, including 5.6 million children under age 18.

The Centers for Disease Control and Prevention reported that allergy prevalence rose by approximately 50% between 1997 and 2011.

Between 1997 and 2008, the prevalence of peanut or tree nut allergy appears to have more than tripled among U.S. children.

Research has shown that food allergies adversely affect physical health, cause emotional distress, lead to economic burden and negatively affect quality of life, even for individuals who avoid exposure to triggering foods.

Past studies revealed that many people with food allergies have multi-food allergies, but their distribution and expression are still poorly understood.

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To uncover the rates and manifestations of multi-food allergies in the U.S., researchers conducted a nationally representative survey of adults and children in U.S. households by phone and electronically from October 2015 to September 2016.

They analyzed responses from 40,443 adults and 38,408 children who reported on their allergies and associated physical and psychological symptoms.

Symptoms were considered "convincing" if the respondent's most severe reaction appeared on a stringent list developed by an expert panel.

They assessed the psychological burden of living with food allergies using a 1-to-7 point scale.

They found that of the 7.6% of children who met the criteria for convincing food allergies, 40% reported multi-food allergies. Among the 10.8% of adults who met the criteria, 48% reported multi-food allergies.

As the number of food allergies increased, so did food allergy-related emergency department visits, severe allergic reactions, psychosocial burden and epi-pen use.

The researchers also identified four latent types of multi-food allergies: milk/egg-dominant, seafood-dominant, peanut/tree nut-dominant and broadly multi-food allergic.

The study's findings underscore the importance of ensuring that patients who suspect they have one or more food allergies receive prompt and appropriate food allergy testing so that each suspected allergy can be either confirmed or ruled out, Warren said.

Warren added:

> "It is remarkably common for patients to 'self-diagnose' their food allergies, and in many cases, they are not truly allergic to the food.
>
> "Given the greater adverse impact on quality of life experienced by patients avoiding a greater number of food allergens, it is essential that patients are not unnecessarily avoiding foods to which they are not allergic — even more so because regular consumption of commonly allergenic foods is likely an important way to avoid developing a true allergy to those foods down the road."

Food allergies and vaccines: What's the connection?

In a recent episode of VSRF (Vaccine Safety Research Foundation) weekly update, Robert F. Kennedy, Jr., Children's Health Defense (CHD) chairman and chief litigation counsel, and VSRF founder Steve Kirsch discussed the relationship between the explosion of food allergies over the last five decades and childhood vaccination.

According to Kennedy, in 1968, the rate of chronic disease in the U.S. was 6% among children. By 1986, that had risen to 11.8% and by 2006, it was up to 54%. That means that more than half of U.S. children have neurological diseases (ADHD, autism, etc.), obesity, autoimmune disease and allergic diseases.

"All of this appeared in epidemic form suddenly in 1989," Kennedy said. These chronic health conditions existed prior to that, but the numbers started soaring in 1989.

As a founder of the Food Allergy Initiative, now the Food Allergy Research and Education network, which raised more than $200 million for allergy research, Kennedy explained that most research focused on treating allergies rather than understanding their causes.

These treatments, he said, are developed by inducing allergies in lab rats. Researchers inject rats with aluminum adjuvants from the hepatitis vaccine, along with the protein for the given allergen being studied.

The aluminum "does not just give you allergies to materials that are in that vaccine, it will give you an allergy to materials that are in the ambient environment," Kennedy explained. "So if you get that vaccine when there is a Timothy weed outbreak, you may now have a lifetime allergy to Timothy weed."

Recent research by Brian S. Hooker, Ph.D., P.E., CHD's chief scientific officer, found that fully vaccinated children were 4.31 times more likely to suffer from serious allergies (requiring an epi-pen) compared to their unvaccinated counterparts.

Hooker's findings affirmed research by Anthony Mawson, M.A., doctor of public health, an epidemiologist and professor at Jackson State University, which showed a 3.9-time increase in allergies reported among vaccinated children versus unvaccinated children.

According to Kennedy, there are hundreds of studies with similar outcomes. "We created an entire generation of all these allergies by giving them these early vaccines."

Vaccine side effects are not limited to allergies, Kennedy added:

> "Every one of those diseases that I mentioned to you are listed as vaccine side effects on the manufacturer's inserts of the 72 doses of vaccines that are now mandated for our children.
>
> "There are 405 listed side effects in total on all of those vaccines. Those are a list of all of the diseases that became epidemic after 1989. Do you think that's a coincidence?"

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62 Comments

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George
8 days ago
It seems that GMO foods are also responsible for some of the allergic reactions that have become common. One example is wheat gluten. Prior to the introduction of GMO wheat, gluten wasn't causing such severe reactions in so many people.
17 0 • Reply • Share ›

Ricky Ricardo → George
8 days ago
How many people know that Monsatan created a novel protein...then there's the BT toxin in many of the crops. How can those *not* cause problems for people?
9 0 • Reply • Share ›

tag → Ricky Ricardo
8 days ago
None. To busy worrying about getting a haircut. a nail job or buying an EV car and keeping up with their neighbors. in a house with a 75 year mortgage.
4 0 • Reply • Share ›

Ricky Ricardo → tag
6 days ago
What a coincidence! That's the same number of years that Pfizer wanted to keep their criminality secret!
2 0 • Reply • Share ›

tag → Ricky Ricardo
8 days ago
BT toxins and kill the pollinators good by. Why don't people realize if this crap kills the gut in bugs, insects and POLLINATORS it will kill your own gut? Because the alphabet soup MSM told you that is a conspiracy theory We are living in a world of a wipes.
4 0 • Reply • Share ›

Ricky Ricardo → tag
6 days ago
But, but, but...Monsatan assured us that it won't EVER hurt humans...as a side note - "Vaccines are Safe and Effective"! Also; make sure to "protect" yourself and others by suffocating yourself with a mask.
4 0 • Reply • Share ›

tag → Ricky Ricardo
5 days ago
My favorite is it's OK to not wear a mask when sitting down and eating but stand up? Slap on that diaper and run for your life as that virus is just waiting to get you! Course, if you stay 6 feet away from another super spreader you will probably be fine. LOL! And it's hilarious how many still buy the load of crap! Safe and effective? tell that BS to the ones that have died, mostly Suddenly, from the jab. Funny until Hamlin, these deaths are never mentioned. Now they are running scared because roughly 10 million people SAW that!
1 0 • Reply • Share ›

Ricky Ricardo → tag
2 days ago
What's most concerning, is that the masses can't seem to see the lunacy in all of this! It used to be: "The lights are on, but nobody's home". Now it's: "The lights are burnt out and nobody lives there anymore"!
1 0 • Reply • Share ›

Michelle → George
8 days ago
That's exactly what I was going to comment. There were no gluten allergies in my generation because they hadn't started changing and manipulating the food yet. I read that they have changed the wheat so much that our bodies cannot recognize it as a food source.
8 0 • Reply • Share ›

kaoshispano → George
7 days ago
And the chemical in aditives and in procesated foods... that is the way...., and for heart disseases, now all this in relation with SPIKE proteine, so we have a real bomb coctel in these little bodies growing.
2 0 • Reply • Share ›

Vic → George
6 days ago
I also think the oils used in products such as canola and seed oil. They are over processed and rancid which wreaks the immunity system.
1 0 • Reply • Share ›

Krista M.
8 days ago
My daughter has such bad allergies (to what appears to be hay and certain grasses) that when she spent a year at home doing school online "during covid" (because she didn't want to wear a mask to school, not because we were fearful of Covid), her tissue pile behind her laptop computer would pile all the way to the top of her screen. Eventually I got her a trash can, obviously, LOL, but the amount of tissues I had no idea she was going through at school each day, was astounding. Not to mention incredibly disruptive to her learning, as she was constantly interrupted by her sneezing and subsequent tissue use. Nobody on either side of her family has a history of allergies. Nobody. She has not received the Covid shot and I will never give her another shot of any kind again. But many, many of her peers have received Covid shots, boosters, and all the rest simply because the parents think it is their responsibility to the world to vaccinate their kids to rid the world of Covid. My daughter's allergies did not start to show themselves until my girl was maybe 8 or 9 years old. So do you think the connection is often made by parents that allergies are a vaccine related injury? No. This is by design, I am sure. So now my daughter would just be another lifelong customer, requiring medicine indefinitely to reduce her symptoms if it were not for me being aware of other options that may potentially eradicate her allergies over time. For now, she chooses to sneeze and deal with the allergy over being medicated to get through school each day, though I have noticed she is doing better with an organic
see more
13 0 • Reply • Share ›

Jennifo → Krista M.
7 days ago
Please look into your/her environment & food. Perhaps the shot has 'activated' a dormant reaction that was in 'hiding' (dust, bleach, pets, plug ins, fragrances, candles, dairy, wheat, pesticides, sugars). She'll (you'll) be healthier for it! A cleaner environment (your home) can be her/your retreat from a polluted world.
4 0 • Reply • Share ›

Gerald Landry → Jennifo
6 days ago
& Krista M. BINGO, I'm wondering if the Tissue Paper is from Chlorine Bleached Pulp? NoT Oxygen Bleaching in the Pulping Process! Is her Desktop Device Plastic encased which emits more ToXic Fumes when Heated! Solvent based Fragrances, Laundry Soap n' Dryer Sheets! Grains slathered in GLYPHOSATE originally a Mineral Scale Remover in Boiler Tubes and Industrial Piping! It's used in the Wood Pulping Process to Remove Heavy Metal's which Chelated our Nutritional Minerals! See Comment below \/.
2 0 • Reply • Share ›

tag → Krista M.
8 days ago
I'm not vaxxed, never will be, got that dreaded covid and got left with asthma . Think the cabal cares? I deal with it. Clean food and alternative medicine over phamas drugs. My God will determine when my life is over, Not the cabal. F them.
3 0 • Reply • Share ›

Gerald Landry → tag
6 days ago
tag, have you tried going Cow Dairy Free, because the Lactic acid is first cousins with our Cellular Lactic acid which antagonize the delicate Air Sacs in the lungs! I've survived a Complex ToXic Fume Injury from Pulp Mill Emissions! The 500 TPD of ToXic Methanol > Formaldehyde metabolizes to Formic acid in the Liver then LACTIC acid in ALL our Cells! First Honey on Toast caused burning throat mouth and tongue. Two days later eating a Yougurt I had Stroke Like Symptoms MELAS! The Pesticide Division of Health Canada gave Beekeepers permission to use Formic acid in their Hives to potentially K' the Varoa Mite! They admitted @ 85% Solution it was K'ng the Queen Bee's! This happened a year before COLONY Collapse Disorder was GLOBAL News!
0 0 • Reply • Share ›

CD → tag
7 days ago
No such thing as contagious "viruses".
0 1 • Reply • Share ›

kathy a → Krista M.
5 days ago
And check your tissue box, they've even started putting fragrances and anti-bacterials IN THE TISSUES!
1 0 • Reply • Share ›

CD → Krista M.
7 days ago
There is no such thing as a safe "vaccine" as there are no such thing as a spooky "viruses". When you realize that simple yet sobering fact, you are truly free from Big Pharma fear.
1 0 • Reply • Share ›

Ricky Ricardo
8 days ago
Toxic GMOs, toxic drugs, toxic "vaccines", 5G...The children are suffering from a lot more than allergies! Great evil has taken over this civilization. Humanity is fading fast!
8 0 • Reply • Share ›

tag → Ricky Ricardo
8 days ago
stay strong and don't let the bass turds win.
3 0 • Reply • Share ›

tbran10
8 days ago
When will we recognize that the factory food system that is delivering trace toxins is driving the bloated healthcare system.
Instead of identifying the root cause and eliminating those toxins in the food, the healthcare system is treating the symptoms and is enjoying the profitability. We have now layered the unnecessary mRNA injections on top of this issue, and are just going to just make more of our children unhealthy. We need medical leader ship that is not controlled by big Pharma.!
8 0 • Reply • Share ›

tag → tbran10
8 days ago edited
"When will we recognize that the factory food system that is delivering trace toxins is driving the bloated healthcare system." I recognized that back in the 1980's I drove over 100 miles twice a year to get beef and pork raised grass fed. Bought all my chickens from the Amish 40 miles away. I drove 50 miles twice a month for raw milk. I made my own butter from that milk. I grew up on an organic farm of meat, dairy vegetables, berries and fruit and continue what I learned then, today. Good luck with that medical leadership utopia. They don't give a flip about children as the toss the toxic clot shot to 6 months old's Today? The medical cabal IS OWNED by Pharma. Just follow the money and keep researching. You got a long way to go.
5 0 • Reply • Share ›

Melanie Potter
8 days ago
I must say that my 3 year old is unvaccinated. didnt even have vit k shot after birth. He has a peanut allergy that requires an epi pen and through muscle testing his dr said he has a cow dairy allergy. His skin has always been kind of sensitive and we dont even use laundry detergent or artificial fragrences or plastic or teflon. last few months he has had terrible eczema. we cut out gluten and processed sugar and all dairy and it is finally starting to clear up. I thought he would avoid most things like this by not being vaccinated but clearly not. There are other culprits out there....
7 0 • Reply • Share ›

Andrea Hatfield → Melanie Potter
8 days ago
I was born at home, no vaccinations. I had a milk allergy and debilitating asthma my entire life!
I am much better now at 66 years old and I do thank big pharma for the very effective asthma inhalers they have come up with! However, after what has happened the past 3 years with all the deception and lies about "safe mRNA vaccines" and effectiveness of masks and all the rest of the BS lockdowns, I will never take a flu shot or any other vaccines, ever!
4 0 • Reply • Share ›

CD → Andrea Hatfield
7 days ago
You're smart.
0 0 • Reply • Share ›

Ricky Ricardo → Melanie Potter
8 days ago
All babies are vaccinated at birth. The "Health Professionals" don't tell the parents.
2 0 • Reply • Share ›

Vic → Melanie Potter
6 days ago
Watch for the oils such as canola and seed oil. They are over processed and rancid which wreaks havoc on the healthy immunity system. My husband and I just noticed this because even gluten-free projects were bothering us. It's the oils! Only use olive oil, avocado oil, coconut oil, or butter. :)
1 0 • Reply • Share ›

BChristine → Melanie Potter
7 days ago
Yes, there are other culprits out there ... our polluted air, water, EMFs, food (of course), and the list goes on and on. Also, one must consider the Mother's health i.e. factors like your own vaccinations in life, food, etc. You are most likely under 40, so you have been subjected to chemicals in food (namely glyphosate) which totally alters the gut microbiome ... this would have an affect on your child as well.
I am 64 and have been dealing with eczema for the 1st time in my life. I have found that colloidal oatmeal baths are extremely soothing, as well as application of pure aloe, coconut oil, evening primrose oil (with some drops of frankincense oil) will calm the itch and help to heal.
1 0 • Reply • Share ›

Drummer → Melanie Potter
8 days ago
Would a completely organic diet for him be in order?
1 0 • Reply • Share ›

Christina → Melanie Potter
8 days ago
Same here , our unvaccinated grandchild has a peanut allergy ,no K shot either also carries epi pen. I had never heard of a peanut allergy in my generation.
1 0 • Reply • Share ›

Jennifo → Melanie Potter
7 days ago
Absolutely! Kudos to you doing your research & finding the culprits. Very few do.
0 0 • Reply • Share ›

CheeseEdWest
8 days ago
Not easy to come up with truly unvaccinated children for a study these days. They are a minor minority of kids. Even the "Vitamin K" shot is full of aluminum and other vaccine adjuvants. The Control Group Study found enough bona fide unvaccinated children by various means to do a landmark study that takes this subject even deeper.

The difference in health between truly unvaxxed kids and the majority who have multiple vaccinations is astounding. The statistical degree of certainty of these results vs. random chance is beyond astronomical. See the research paper: "Health versus Disorder, Disease, and Death: Unvaccinated Persons Are Incommensurably Healthier than Vaccinated" in the journal International Journal of Vaccine Theory, Practice, and Research, 2(2), 670–686. https://doi.org/10.56098/ij..., and the recent interview of the lead author at this link: https://sashalatypova.subst....
5 0 • Reply • Share ›

Ricky Ricardo → CheeseEdWest
8 days ago
Babies are now injected with the Hepatitis vaccine at birth. They have no chance!
6 0 • Reply • Share ›

tag → Ricky Ricardo
8 days ago
For sure. Lets vaccinate for a disease caused by sex. and drug use to our infants. what could go wrong?
4 0 • Reply • Share ›

Ricky Ricardo → tag
6 days ago
The insanity is through the roof! How can people not notice?! Yeah...newborn babies are sooooooo promiscuous!
3 0 • Reply • Share ›

tag → Ricky Ricardo
5 days ago
And now the mrna jab to babies. They are soooooo prone to heart attacks, even in the womb. Not the jab doing it, just a nasty coincidence. What the hello happened to the human brain?
1 0 • Reply • Share ›

CD → tag
7 days ago
If you think Hep B is caused by sex and drug use, you've been Fauci-fooled. Wake up.
0 1 • Reply • Share ›

Drummer → CheeseEdWest
8 days ago
Thank you for posting these links.
0 0 • Reply • Share ›

tag
8 days ago
I'm not vaxxed but had covid. and since then? Not sure about any food allergies but have developed asthma which I never had before. Also 3 times have had hives mostly on my back and neck. I treat my asthma with homeopathic remedies and suspect I am allergic to one of them. My diet is about 95% clean, grass fed meat and raise all of my own vegetables. Raw milk and my own eggs from my 33 hens. These bass turds have really thought this out. Kill us no matter how hard we try to live a good life.
3 0 • Reply • Share ›

Kathmandu → tag
6 days ago
Hi, if you haven't already-- look into Lovage.... has very similar constitutes to many allergy meds...

My granddaughter-- had hives last year.. It helped. She also takes it- as a strong tea with raw honey--- when her allergies are acting up

I had a sinus infection - in December -- it helped.

Also- look into great mullian aka: flannel weed, indian tobacco, etc..

Hope you feel better soon.
0 0 • Reply • Share ›

Azurite-Crystal → Kathmandu
4 days ago
Try Black Cumin Seed oil
Its VERY powerful
It has done wonders for my allergies
I take 2 Tsp a day
0 0 • Reply • Share ›

Jennifo → tag
7 days ago
I think I've replied to you before Tag! You are experiencing the 'shedding' that some of the frontline Drs have spoken about. It's very real, I am experiencing it (but happily detoxing from it as well as other heavy metals & parasites, etc.).

If you can find a reputable functional medical Dr. to do a thorough PROPER detox (you must rid the body in proper order or you will get sicker). I think it's something like 1) bowels 2) liver 3) gallbladder or vice versa on the last 2, I always get confused. Our bodies were not designed to take on all this toxicity!! It WILL react eventually.
0 0 • Reply • Share ›

tag → Jennifo
7 days ago
I have thought about that. I now take ivermectin if I am going to be around people. Also doing many supplements to support my health. thanks for the reply. I know I'm not alone in this :)
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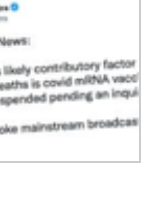

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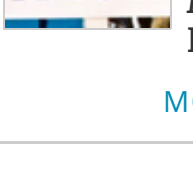

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CONTINUE

CD ↗ tag
7 days ago

No such thing as "having covid". Free yourself from the lie.

0 1 • Reply • Share ›

tag ↗ CD
7 days ago

Well then what did I have that has left my health compromised? A case of the epi-zooties?

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Carrie Lavine
8 days ago edited

RFK Jr has been chronicling the rise in chronic disease among children for many yrs -in 1968 6% in 1986-the number had risen to 11% of children in America with chronic illness,and by 2001 it had risen to 54%.When also compared to the steady increase in Autism over these decades to what it is today-1 in 41 or perhaps now 1 in 31 and compared to the massive increase in the childhood vaccine schedule-adding to this the amounts of toxicants by each vaccine injected -aluminum levels far beyond even FDA supposed "safety limits"when any amounts of aluminum or mercury is an unnecessary risk when most childhood vaccines cause or increase risk for the virus vaccinated for-Measles outbreaks a few yrs ago proved..majority of measles cases were vaccinated for it-mumps-same deal and whooping cough-even in adults..&the toll on the developing immune system as well as steady increase in childhood food alergies.Then add to this things like gluten intolerance shown to b caused by toxic pesticides.

3 0 • Reply • Share ›

Jim Powell
8 days ago

Is the saturation of agricultural products with RoundUp a factor in this?

3 0 • Reply • Share ›

BChristine ↗ Jim Powell
8 days ago

ABSOLUTELY it is! Glyphosate (which is the main toxic ingredient in RoundUp) is one of the biggest factors in manipulating the human microbiome; setting up the body for all kinds of health issues.

2 0 • Reply • Share ›

vgupta123
8 days ago

How does an infant's body recognize a novel protein (from food etc.) as a friend or a foe? One of the principles is that if you ingest a protein first, you develop tolerance, but if you inject a protein first, you develop an allergy.
The DTaP vaccine, for example, contains cow milk protein as an inactive ingredient (because of the vaccine manufacturing process). So if you introduce cow milk to the baby before the first DTaP shot, you will likely prevent cow milk allergy. Here is a Japanese study that concludes that "daily ingestion of at least 10 mL of cow milk formula between 1 and 2 months of age prevents cow milk allergy development."
https://pubmed.ncbi.nlm.nih...
Similarly, introducing peanut butter at a very early age may help prevent peanut allergy. It may be best to introduce cow milk, eggs, peanuts, tree nuts, etc. early, and delay the vaccination by a few months as needed.

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Children's Health Defense® is a 501(c)(3) non-profit organization. Its mission is to end childhood health epidemics by working aggressively to eliminate harmful exposures, hold those responsible accountable, and to establish safeguards to prevent future harm.

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